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## INGREDIENTS

For 4 people

### **Pumpkin seed parfait with spice-oranges**

#### **Pumpkin seed parfait**

130 g pumpkin seeds  
90 g of sugar  
4 egg yolks  
80 g powdered sugar  
4 tbsp pumpkin seed oil  
400 g cream

Spread a thin layer of germ oil on a loaf tin (approx. 1 l content) and line it with cling film. Let the foil freeze to the wall of the box in the freezer.

Toast the pumpkin seeds in a pan without fat until lightly brown. Caramelize 90 g sugar in a pan and glaze the pumpkin seeds in it. Allow the kernels to cool on baking paper, then roughly chop them with a knife, retain 4 - 5 tablespoons of chopped kernels, grind the rest finely in a blender. Mix egg yolks with powdered sugar in a bowl and stir it in a hot water bath until foamy, remove from heat and stir until a thick cream is formed (if necessary, return the bowl to the hot water bath). Let cool down, stirring again and again. After cooling, add 4 tablespoons of pumpkin seed oil, the ground seeds and 4 tablespoons of the chopped seeds (use the remaining chopped seeds for decoration).

Whip the cream until stiff and fold carefully into the cream. Pour the finished cream into the frozen form and let it freeze in the freezer for at least 5 hours.

#### **Spice-oranges**

6 oranges  
70 grams of sugar  
1 vanilla pod  
1 cinnamon stick  
2 cardamom pods  
1 star anise  
2 allspice grains  
4 tbsp orange liqueur

Squeeze out the juice from 2 oranges, peel the remaining oranges so that no white skin can be seen, then fillet them, squeeze the juice out of the remaining remnants by hand and add to the orange juice that has already been squeezed (together approximately 400 - 500 ml orange juice). Caramelize sugar in a pan and deglaze with orange juice. Scrape out the pulp of the vanilla pod and add to the juice. Put all spices including the scraped pod into a tea filter and add to the juice. Reduce the juice to approx. 200 ml and add to the orange fillets together with the spice bag and the orange liqueur. Let marinate overnight. Remove the spice bags before serving and serve the fillets with the parfait and the chopped pumpkin seeds.

#### **Wine recommendation**

PX sherry  
Rivesaltes ambré